



## HEEL AND TOE ONLINE

The official organ of the Victorian Race Walking Club  
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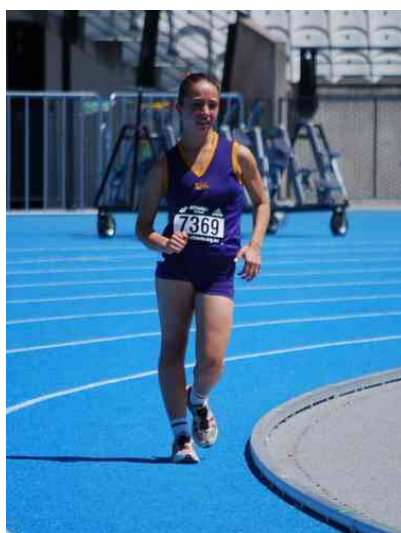


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### TIM'S WALKER OF THE WEEK

I thought that the votes over the last week would be evenly spread between our two nominees Jemima Montag (14:22.4 for U14 3000m) and Nathan Brill (5:58.17 for U16 1500m) but imagine my surprise when I closed the poll this morning with voting split 50/50 between these 2 fine walkers. I think it is actually a fitting result given the closeness in merit of the two performances. So congratulations to Nathan and Jemima on their joint 'Walker of the Week' award for last week.



**Jemima Montag and Nathan Brill – our joint Walker of the Week winners – in action last weekend at Albert Park**

And now onto this week's award. I have scrutinized all the results documented in the newsletter and there is one standout who gets the weekly award without the need to vote – 19 year old Dane Bird-Smith of Queensland who recorded a 1500m walk time of 5:21.65 in Brisbane last Thursday. This is probably the second fastest ever done in official competition here in Australia and you can read all about it later in the newsletter.



**Dane Bird-Smith in action earlier this year – Dane is this week's Walker of the Week for his 1500m walk time of 5:21.65**

## VICTORIAN ALL SCHOOLS T&F CHAMPIONSHIPS, ALBERT PARK, SATURDAY 5 NOVEMBER

The Victorian All Schools Track and Field Championships were held at the new State Athletics Centre at Albert Park last weekend. Unfortunately the walks were scheduled on Saturday afternoon and Saturday was hot! While the published temperature might have been 30°C, it was a lot hotter than that on the track and the still conditions made for very tough walking indeed. One has to ask why the longest events on the program are held in the potentially hottest part of the day. What is wrong with either the morning or the evening!

As usual, David Armstrong was there in his capacity as AthsVic TV maestro and he has uploaded walks footage as follows:

U17/U18: [http://www.youtube.com/watch?v=rsJFXyatfgY&list=PLF02E7242BD54C3FB&index=45&feature=plpp\\_video](http://www.youtube.com/watch?v=rsJFXyatfgY&list=PLF02E7242BD54C3FB&index=45&feature=plpp_video)  
 U15/U16: [http://www.youtube.com/watch?v=9FP7m45nGS0&list=PLF02E7242BD54C3FB&index=46&feature=plpp\\_video](http://www.youtube.com/watch?v=9FP7m45nGS0&list=PLF02E7242BD54C3FB&index=46&feature=plpp_video)  
 U14: [http://www.youtube.com/watch?v=MptO9xHUQzQ&list=PLF02E7242BD54C3FB&index=47&feature=plpp\\_video](http://www.youtube.com/watch?v=MptO9xHUQzQ&list=PLF02E7242BD54C3FB&index=47&feature=plpp_video)

The first events to kick off at 2PM were the 3000m U14 and Emmet Brasier and Jemima Montag were soon well in front. Jemima eventually kicked clear to win in what was for her a slow 14:45.13 ahead of Emily Hamilton and Lauren Collis while Emmet walked well in his first ever 3000m walk (15:05.21) to hold out Kyle Swan who chased hard in the second part. To round out the medals, Cooper Owen was third. Thanks to Terry Swan as usual for his photo selection.

### Men 3000m Race Walk U 14

1.	Brasier, Emmet	98	VIE	15:05.21
2.	Swan, Kyle	99	TKS	15:29.23
3.	Owen, Cooper	98	VIE	16:20.73
4.	Brennan, Jonty	00	Gsp	18:11.07

### Women 3000m Race Walk U 14

1.	Montag, Jemima	98	WES	14:45.13
2.	Hamilton, Emily	98	Mat	16:36.51
3.	Collis, Lauren	98	OUR	17:20.92
4.	Kay, Shelby	99	Slb	17:37.77
5.	Guy, Rachael	99	BER	17:55.84
6.	Brown, Hayley	99	Fps	18:10.70
7.	Walburg, Kirsten	98	Yhs	19:40.04



**U14 walkers Cooper Owen, Lauren Collis, Emmet Brasier, Emily Hamilton, Jemima Montag and Kyle Swan**

The U15 and U16 3000m walks followed at 2:20PM and, while Nathan Brill was well in front as expected, an interesting race developed behind him with Lucas Taylor, Billy Allamby and Stephanie George shoulder to shoulder. Billy proved the strongest of the group, finishing second overall with 15:06.7 behind Nathan 12:52.7. Lucas Taylor 15:35.3 and Stephanie George 15:48.0 were next to finish, Steph just holding out Adam Garganis who came through well for 15:49.8. Jade Sanders was the other gold medallist with 16:26.9.

### Men 3000m Race Walk U 16

1.	Brill, Nathan	96	ROS	12:52.7
2.	Taylor, Lucas	96	LIL	15:35.3
3.	Bird, Kyle	96	PAD	19:26.3
	McShanag, Connor	96	STB	DNF

### Men 3000m Race Walk U 15

1.	Allamby, Billy	97	SJO	15:06.7
2.	Garganis, Adam	97	THS	15:49.8

### Women 3000m Race Walk U 16

1.	George, Stephanie	96	YAR	15:48.0
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2.	Cooke, Brianna	97	EPP	20:59.0
<b>Women 3000m Race Walk U 15</b>				
1.	Sanders, Jade	97	BER	16:26.9
2.	Eastwood, Jessie	97	Mat	18:31.1
3.	Walker, Megan	97	CLO	18:36.0



**U15 and U16 walkers Adam Garganis, Nathan Brill, Billy Allamby, Stephanie George, Jade Sanders and Lucas Taylor**

The U17 and U18 5000m walks were held at 4:50PM and it was just as hot – the N-S aspect of the track means that there is not going to be any shade from day's start to day's end and it was the case for the older walkers. Although they started well, most wilted under the conditions. Jmara Hockley-Samon, Amy Burren and Aaron Tam led out early and not much separated them at the end – Jmara 26:54.0, Amy (in her first walk since July) 27:07.8 and Aaron 27:17.5. Special mention also to Bendigo walker Josh Savage who officiated all day before throwing on the racing gear and walking to win the U17 5000m. And a special note re Ryan Antidormi. In this meet last year, he came 2<sup>nd</sup> in the U16 3000m walk. This year he won the U17 javelin with a throw of 49.94m. Go Ryan!

<b>Men 5000m Race Walk U 18</b>				
1.	Tam, Aaron	94	Glw	27:17.5
<b>Men 5000m Race Walk U 17</b>				
1.	Savage, Joshua	95	EAG	31:39.1
<b>Women 5000m Race Walk U 18</b>				
1.	Burren, Amy	94	KIL	27:07.8
2.	Campbell, Caitlin	94	COC	29:39.1
3.	Raselli, Cassandra	94	PLC	32:35.4
<b>Women 5000m Race Walk U 17</b>				
1.	Hockley-Samon, Jmara	95	CLO	26:54.0
2.	Stadus, Lauren	96	IGG	27:24.6



**U17 and U18 walkers Aaron Tam, Amy Burren, Jemima Montag and Josh Savage**

### SAMA TRACK WALKS, SANTOS STADIUM, MILE END, ADELAIDE, WEDNESDAY 2 NOVEMBER

Thanks to Colin Hainsworth for the weekly South Australian Masters walk results from SANTOS stadium. Colin commented: Calm, sunny evening, temp just right, good times. Bob Cruise judging.

#### 3000m Yacht Handicap

M59	Jack Russell	16.29	79.33%
	Justin Hill	13.31	
	Kim Mottrom	13.07	
M66	George White	15.09	92.72%
W77	Ros Elix	22.33	80.44%
W51	Marie Maxted	17.55	73.48%
W57	Linda Whitelaw	22.51	60.95%
M81	Colin Hainsworth	21.24	80.07%
M68	Graham Harrison	18.29	77.76%
W51	Kristine Freeman	21.56	60.02%
M69	Bill Starr	20.10	72.12%
M75	Paul Boyce	22.21	70.24%
M73	Rodger Barber	20.52	73.25%
W58	Edna Bates	24.42	56.97%
W67	Jill Rogers	22.46	68.63%
M78	David Robertson	22.14	73.66%
M76	Leigh Smith	21.06	75.43%
M68	Roger Lowe	22.20	64.36%
W77	Cynthia Dally	24.50	73.04%
W69	Sandy Brunner	18.35	86.36%

### ACT WALKING CLUB RACES, AIS TRACK, BRUCE, THURSDAY 3 NOVEMBER

Thanks to Robin Whyte for the latest results from Canberra. Thomas Hopkins shows as fastest with a big PB of 15:19 while Carmen Carlon, the first walker to start, held off the chasers and won the handicap overall.

#### 3000m Handicap (Place,Name,Time,Start)

1.	Carmen Carlon	28:42	(00:15)
2.	Peter Thompson	20:30	(08:30)
3.	Robert Kennelly	24:40	(05:00)
4.	Callum Doherty	17:18	(12:30)
5.	Peter Baker	15:55	(14:00)
6.	Gabby Hunt	15:57	(14:00)
7.	Thomas Hopkins	15:19	(14:40)
8.	John Donovan	20:40	(09:20)
9.	Margaret McSpadden	24:31	(05:30)
10.	Jennifer Gilchrist	20:43	(09:20)
11.	Robin Whyte	18:16	(11:50)
12.	Doug Fitzgerald	20:15	(10:00)
13.	Nola de Chazal	28:46	(01:30)
14.	Callum Burns	16:16	(14:15)
15.	Rod Gilchrist	21:02	(09:30)
16.	Karina Hopkins	17:45	(13:00)
17.	Bryan Thomas	20:26	(10:45)
18.	Matthew Grady	27:17	(04:00)
19.	Emily Hopkins	20:56	(11:30)

#### 1000m

1.	Thomas Hunt	06:31
2.	Rebecca Filipczyk	08:56

### NIKE 1500M CLASSIC MEET, UQ TRACK, ST LUCIA, BRISBANE, THURSDAY 3 NOVEMBER

Thanks to Robyn Wales for this report from last Thursday evening in Brisbane.

For the second year in a row we managed to get a walk onto the 1500m classic program at the newly laid University of Queensland after the old one "drowned" in the January floods. On what was a perfect night for athletics the walkers shone on a star studded program. With two walkers going under currently listed Queensland 1500m record times, only the lack of A grade judges will see these times unacknowledged. The judging panel was made up of B and C grade judges. **Dane Bird Smith** was outstanding with flawless technique and narrowly missed his father Dave's best time for the distance. Jessica Pickles was best of the girls with most of the others recording big PBs.

1.	<b>Dane Bird-Smith</b>	<b>5:21.65</b>	<b>PB 2 secs</b>
2.	Rhydian Cowley	5:38.61	PB 3 secs
3.	Nick Dewar	5:43.77	
4.	Brandon Dewar	5:47.46	
5.	Dean Nipperess	6:29.11	
6.	Jessica Pickles	6:40.31	
7.	Luke McCutcheon	7:29.32	
8.	Clara Smith	7:34.11	PB 5 secs
9.	Mikaela Woodward	7:36.34	PB 11 secs
10.	Aimee Brackin	8:31.96	
11.	Jamie McCutcheon	9:05.32	

Also, for those on the Gold Coast: this Saturday at 8am (Qld time) is when the announcement of the host city 2018 Commonwealth Games will be made. All are invited to be at Broadwater Parklands for this event. If you have represented Australia please wear your Australian uniform. This will be televised live so let's hope for a good roll up of interested supporters.

Now we don't maintain 1500m walk ranking records but I think that the fastest official time recognized in Australia is the Victorian Open Record of 5:19.1, set by David Smith in 1981 at Olympic Park in Melbourne. And Dane was certainly pretty close to that. Quite a few of our top walkers, past and present, have bettered 5:30 at one time or another but the opportunities are few and far between nowadays. And of course Andrew Jachno's Australian 3000m walk record of 10:56.22, set in 1991 in Melbourne, works out at back to back 1500m times of 5:28.1. The difference is that Dave was 25 when he did his 1500m time and Andrew was 33 when he did his 3000m time whereas Dane is still only 19 and won't turn 20 until July next year! What a performance.

And a brief comment to say well done to VRWC walker **Rhydian Cowley** who finished second to Dane with his own great PB time of 5:38.61.

### **ATHLETICS SA PREMIERSHIP CUP ROUND 2, SANTOS STADIUM, MILE END, FRIDAY 4 NOVEMBER**

The second round of Premiership Cup in Adelaide saw the walkers contesting 3000m and 1500m walks. Kristie Goznic 24:43.5 and Allegra Steele 25:32.7 both walked PBs just like last week. Well done girls! And Darren Bown was in pretty hot form himself with 22:42.7.

#### **3000m Walk**

1.	Darren Bown	MOPEN	ELIZ	22:42.7
2.	Kim Mottrom	MOPEN	AH	24:32.1
3.	Kristie Goznic	WOPEN	ELIZ	24:43.5 PB 0:05
4.	Allegra Steele	WOPEN	TTG	25:32.7 PB 1:24
	Megan Szirom	WOPEN	ELIZ	DNF
	Jemma Potezny	WU20	HILL	DNF

#### **1500m Walk U14**

1.	Alix Harlington	WU14	ELIZ	7:47.93
2.	Rhinnon Lovegrove	MU14	ELIZ	9:13.50

### **ANSW CLUB PREMIERSHIP ROUND 3, HENSLEY, SATURDAY 5 NOVEMBER**

The Athletics NSW Premiership competition continued last Saturday at the Randwick Botany Athletics Track at Hensley Oval in Sydney. Conditions were quite warm with temperatures around 25-26 degrees and very windy but times were excellent across the board. Kyle Malone 23:01.96, Kirsty Klein 24:40.26, Tyler Jones 13:57.85, Jasmine Dighton 14:52.30 and Leah McDonald 7:21.88 were all in top form and there were plenty of PBs. It is good to see a strong summer competition underway in Sydney again.

#### **Mixed 5000 Metre Walk All Ages**

1.	Malone, Kyle	M	Nepean Distr	23:01.96
2.	Klein, Kirsty	W17	Asics Wests	24:40.26 PB 0:07
3.	Birch-Ward, Kurtis	M	Sutherland D	26:05.25
4.	Jessurun, Ian	M44	Nsw Masters	27:00.78
5.	Barendregt, Amanda	W15	Nepean Distr	31:36.90
6.	Nixon, Adam	M17	Cherrybrook	36:33.58
	Keys, Brook	M21	Nepean Distr	DNF

#### **Mixed 3000 Metre Walk All Ages**

1.	Jones, Tyler	M13	Wyong Athlet	13:57.85 PB 0:03
2.	Dighton, Jasmine	W15	Illawong & D	14:52.30 PB 0:06
3.	Doyle, Tom	M	South Sydney	15:07.07 PB 0:01
4.	Murphy, Robert	M15	South Sydney	15:47.29
5.	Glover, Jordan	M12	Hills Distri	16:10.56 PB 0:29
6.	Richardson, Dylan	M11	Mingara Athl	17:08.15
7.	Grujoski, Stephanie	W14	South Sydney	17:30.61
8.	Minett, Rhiannon	W13	Bankstown Sp	17:31.46

9.	Kerr, Aidan	M13	Sydney Pacif	17:44.81
10.	Beasley, Bryony	W14	Nepean Distr	18:01.21
11.	Williams, Dennis	M63	Hills Distri	18:47.20
12.	Hyde, Brendon	M66	Sydney Unive	21:28.31

#### Mixed 1500 Metre Walk Under 14

1.	McDonald, Leah	W11	Parramatta C	7:21.88	PB 0:17
2.	Kalemusic, Danielle	W12	Illawong & D	8:05.82	PB 0:06
3.	Brown, Nathan	M13	Parramatta C	8:20.95	
4.	Brown, Samantha	W10	Parramatta C	8:25.66	
5.	Grujoski, Ally	W12	South Sydney	8:46.68	
6.	Bennett-Ward, Dakota	W11	Bankstown Sp	11:28.32	

### WARWC WALK RESULTS, WILSON, PERTH, SUNDAY 6 NOVEMBER 2011

Thanks to Rick Cattermole for the latest results from the Western Australian Race Walking Club

Well we raced today in dry conditions for once! The rain has broken all records for the past few weeks and it was a nice change to walk in a relatively humid but dry conditions. Sara-Jane amazed everyone by racing a 10k, 6 weeks after the birth of her son (Declan Cattermole-Thompson) and was "joined" by Daniel Lowe for most of the walk. Vanessa Brown recorded a big PB, and is looking good for the future.

#### 10k Open Mixed:

1.	Vanessa Brown	59.49
2.	Sara Cattermole	73.31
3.	Daniel Lowe	73.31
	Janine Butler	DNF (57.31 for 7.5k)
	David Smyth	DNF (14.25 for 2.5k)

#### 5k Open Women:

1.	Breanna Brown	27.55
2.	Michelle Butler	30.59

#### 3k Open Mixed:

1.	Ashley Granado	17.12 (first 3k ever)
2.	Caitlin Gerken	17.53
3.	Christopher Gerken	23.58

### ALL JAPAN WALKING MEET, TAKAHATA, JAPAN, 30 OCTOBER 2011

Olympic 7<sup>th</sup> place finisher and Japanese record holder Yuki Yamazaki returned to competition at the All Japan walking meet on 30<sup>th</sup> October, winning the 50 km competition in a fast 3:44:03. Second placed Ken Akashi was the only other one to go sub 4 hours (3:58:45). Isamu Fujisawa won the 20 km in 1:22:01 ahead of Hiroki Arai (10<sup>th</sup> place in the Daegu 50km) who recorded a new personal best time of 1:22:47. Kumi Otoshi won the women's 20 km with 1:32:58. The results below show both quality at the top and great depth. They are certainly a very strong walks nation.

#### 20km Walk Men

1.	Isamu Fujisawa	1:22:01
2.	Hiroki Arai	1:22:47
3.	Takumi Saito	1:23:45
4.	Hayato Katsuki	1:24:16
5.	Takaki Matsuzaki	1:25:02
6.	Katsuya Ueda	1:25:18
7.	Daichi Aono	1:25:22
8.	Takuya Yoshida	1:25:33
9.	Yosuke Kimura	1:25:59
10.	Eiki Takahashi	1:26:16
11.	Satoshi Maruo	1:27:20
12.	Daiki Shimizu	1:27:41
13.	Masaki Yamamoto	1:27:48
14.	Manabu Aoki	1:28:06
15.	Yusuke Taguchi	1:28:26
16.	Kento Honda	1:28:49
17.	Shorei Nobe	1:29:06
18.	Jumpei Hasegawa	1:29:32
19.	Yuki Ito	1:29:52
20.	Yusuke Hitomi	1:29:54

#### 20km Walk Women

1.	Kumi Otoshi	1:32:58
2.	Rei Inoue	1:34:22
3.	Hiroi Maeda	1:37:17
4.	Chiaki Yamato	1:39:45
5.	Miki Miyamoto	1:40:04
6.	Yui Hayashi	1:40:19
7.	Yuri Yamaga	1:40:58
8.	Sayaka Usami	1:41:33
9.	Shiori Toba	1:42:15
10.	Tomomi Abe	1:42:39
11.	Yorimi Inaba	1:43:01
12.	Mio Sugihara	1:43:59
13.	Erika Yamaguchi	1:44:05
14.	Mai Nakahara	1:45:38
15.	Yoshimi Ogino	1:47:44
16.	Hikari Tachibana	1:47:55
17.	Moe Nakagawa	1:48:37
18.	Chie Yoshida	1:49:15
19.	Akiko Nishimura	1:49:18
20.	Akane Oishi	1:51:58

**50km Walk Men**

1.	Yuki Yamazaki	3:44:03
2.	Ken Akashi	3:58:45
3.	Takafumi Higuma	4:04:19
4.	Takahito Otsubo	4:14:54
5.	Akira Ikezawa	4:17:06
6.	Takahiro Sakuma	4:19:33
7.	Kaijiro Kuroiwa	4:20:28
8.	Takuma Kozaka	4:21:35

**10km Walk Junior Women**

1.	Yasuyo Noda	49:16
2.	Natsuki Sekine	49:17
3.	Shiho Takagi	49:36
4.	Hitomi Komame	50:47
5.	Mako Aoki	51:41

**AUSTRALIA'S OLYMPIC TEAM TAKES SHAPE**

A few days ago, Athletics Australia nominated 7 Australian athletes for early Olympic nomination. They had all finished top eight at the 2011 World Championships (see [http://www.athletics.com.au/home/news/news/2011/november/seven\\_flame\\_athletes\\_identified](http://www.athletics.com.au/home/news/news/2011/november/seven_flame_athletes_identified)). The great news is that they list includes 2 of our walkers in Luke Adams and Jared Tallent.

<b>Luke Adams (NSW)</b>	<b>50km Walk</b>
Jarrold Bannister (Vic)	Javelin
Benn Harradine (Vic)	Discus
Kim Mickle (WA)	Javelin
Sally Pearson (Qld)	100m Hurdles
<b>Jared Tallent (Vic)</b>	<b>50km Walk</b>
Mitchell Watt (Qld)	Long Jump

That means that there is one spot left up for grabs in the 50km event and it will all come down to the Olympic trial in December when Nathan Deakes, Chris Erickson and Ian Rayson put themselves on the line. Add into the mix Brendon Reading who could surprise in his first attempt at the distance. Make sure you have Sunday December 11<sup>th</sup> earmarked in your diaries.

**NEW MASTERS M65 WORLD RECORD TO FRENCH WALKER**

Thanks to Emmanuel Tardi for finding this result on the web and forwarding it to me. Now it might just look like a regular French interclub event with nothing of great importance - until you look at the date of birth of the third placed competitor. Jean-Paul Masselin was born 17/08/1946 so has just entered the M65 division and his time of 25:03.2 was a new World Masters Record for this division, breaking Gerhard Weidner's 1999 record of 25:05.2 by 2 seconds.

**5000m Walk, Torulaville, France, Sunday 25 September 2011**

1.	23:42.3	HURAULT Simon	Manche Athle Centre Sud	JUM/92
2.	24:09.2	NICOLLE Vincent	Manche Athle Centre Sud	SEM/81
3.	25:03.2	MASSELIN Jean-paul	Manche Athle Centre Sud	VEM/46
4.	25:31.7	LECAPLAIN Maxime	Manche Athle Centre Sud	CAM/94

**AUSTRALIA VS NEW ZEALAND MATCH BACK ON THE RADAR FOR 2012**

I am still waiting for Athletics Australia to release its final criteria for the 2012 Australia vs New Zealand match (the Oceania Racewalking Cup), to be held on Saturday 25 February 2012 in Hobart. However, I have had so many queries from prospective entrants that I thought it time to put out what I know. I do not expect many, if any, changes in the final criteria which should be released by AA soon.

- The competition will be held over 4 events: 20 km Men, 20 km Women, 10km Under 20 Men and 10km Under 20 Women.
- The Australian 20km team is to be comprised of Under 23 athletes and the NZ team is to be comprised of Open athletes.
- For an athlete to be Under 23 in 2012, the birth date must occur in 1990, 1991 or 1992. Athletes in the Under 20 event must be born in 1993 or later.
- The competition is teams based with each country selecting a team of four men and women in the Open event and three Men & Women in the U20 to be designated as official representatives (OR). Of these OR's, a maximum of three will score in the Open event and two in the Under 20 event.
- Once entries close, Athletics Australia and Athletics New Zealand will select their teams and inform athletes.
- Australian Team Selections will be made based on performances in ratified events since 1<sup>st</sup> January 2011. To be eligible for selection, athletes must enter the competition and must have reached the qualifying times listed below.

U23 men	1:45:00
U23 Women	2:05:00
U20 Men	47:00
U 20 Women	53:00

So all you have to do is enter the event when entries open on the AA website and make sure that you get as good a time as possible under your belt in a legitimate and ratified event.

And don't leave it too late to book your airfares to Hobart on the weekend of Saturday 25 February 2012. I see at the moment that Virgin Blue have very cheap flights on offer (significantly cheaper than Qantas).

### WHAT'S COMING UP

Next Saturday sees us back at AV Shield competition with 2000m walks on in all 6 regions. The 3 country groups will be combining together for a round at the new Lakeside Stadium in Albert Park and we should see some great competition there.

Sat 12 Nov	AV Shield - South East Region - Round 4	Dolomore Reserve, Mentone
Sat 12 Nov	AV Shield - Ballarat Region - Round 4	Lakeside Stadium, Albert Park
Sat 12 Nov	AV Shield - Geelong Region - Round 4	Lakeside Stadium, Albert Park
Sat 12 Nov	AV Shield - Bendigo Region - Round 4	Lakeside Stadium, Albert Park
Sat 12 Nov	AV Shield - North West Region - Round 4	Moonee Valley Athletics Centre, Moonee Ponds
Sat 12 Nov	AV Shield - East Region - Round 4	Reischiek's Reserve, Doncaster

### DATES...DATES...DATES

As usual, I finish with a list of upcoming events on the local, national and international fronts. Let me know of any errors/omissions.

#### 2011/2012 Australian/Victorian Summer Season Key Dates

3-5 Dec 2011	2011 All Schools Championships, University of Queensland, St Lucia
Sun 11 Dec 2011	<b>2011 Australian 50km Championship</b> , Fawkner Park, Melbourne, VIC (20km, 10km and 5km races also) See <a href="http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&amp;MeetID=711&amp;OrgID=887">http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&amp;MeetID=711&amp;OrgID=887</a>
13-15 Jan 2012	Victorian Country T&F Championships, Bendigo
Sat 25 Feb 2012	<b>Australian 20km roadwalk Championships</b> , Hobart, TAS (World Walking Cup trials for 10km and 20km)
24-26 Feb 2012	Victorian Junior T&F Championships, Melbourne
2-4 Mar 2012	IAAF World Challenge and Selection Trials, Victorian Athletics Centre, Albert Park
9-10 Mar 2012	Victorian Open T&F Championships, Melbourne
15-19 Mar 2012	<b>2012 Australian Junior Championships</b> , Sydney Olympic Park
5-9 Apr 2012	<b>Australian Masters T&amp;F Championships</b> , Melbourne

#### 2012 International Fixture

Feb 5-12, 2012	<b>Oceania Masters Athletics Championships, Tauranga, New Zealand</b>
Apr 3-8, 2012	<b>World Masters Athletics Indoor Championships, Jyvaskyla, Finland</b>
May 12-13, 2012	<b>25<sup>th</sup> IAAF World Race Walking Cup, Saransk, Russia</b>
July 10-15, 2012	<b>14<sup>th</sup> World Junior Championships, Barcelona, Spain</b>
July 27-Aug 12, 2012	<b>30<sup>th</sup> Olympic Games, London.</b> See <a href="http://www.london2012.com/">http://www.london2012.com/</a>

#### 2012 IAAF Race Walking Challenge Dates

Sat 3 Mar, 2012	Chihuahua, MEX
29-31 Mar, 2012	Taicang, CHN
Sat 14 Apr, 2012	Rio Major, POR
12-13 May, 2012	IAAF Race Walking Cup, Saransk, RUS
Sun 26 May, 2012	La Coruna, ESP
Sat 2 June, 2012	Sesto San Giovanni, ITA
3-12 Aug, 2012	Olympic Games, London, GBR
Sat 15 Sept, 2012	IAAF RW Challenge Final, Erdos, CHN

#### 2013 International Fixture

Aug 10-18, 2013	<b>14<sup>th</sup> IAAF World Championships in Athletics, Moscow, Russia</b>
July 10-14, 2013	<b>8<sup>th</sup> World Youth T&amp;F Championships, Donetsk, Ukraine</b>
July 24 - Aug 4, 2013	<b>World Masters Athletic Championships, Port Alegre, Brazil</b>

#### 2014 International Fixture

2014	<b>26<sup>th</sup> IAAF World Race Walking Cup, Taicing, China</b>
Mar/Apr 2014	<b>World Masters Indoor Championships, Budapest, HUN</b>
July 23 - Aug 3, 2014	<b>20<sup>th</sup> Commonwealth Games, Glasgow.</b> See <a href="http://www.glasgow2014.com/">http://www.glasgow2014.com/</a>

#### Looking even further forward

August 22-30, 2015	<b>15<sup>th</sup> IAAF World Championships in Athletics, Beijing, China</b>
July/Aug 2015	<b>20<sup>th</sup> World Masters T&amp;F Champs Stadia, Lyon, France</b>
2016	<b>21<sup>st</sup> World Masters T&amp;F Champs Stadia, Perth, Australia.</b> See <a href="http://www.perth2016.com/">http://www.perth2016.com/</a>
Aug 2016	<b>31<sup>st</sup> Olympic Games, Rio de Janeiro, BRAZIL.</b> See <a href="http://www.rio2016.org.br/en/Default.aspx">http://www.rio2016.org.br/en/Default.aspx</a>
July 2020	<b>32<sup>nd</sup> Olympic Games</b> City TBA: Durban, Hiroshima, Madrid, Palermo, Dubai

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